

UPLIFT: A monthly ASCA newsletter of thriving and inspiration. Exclusively from The Morris Center for Healing from Child Abuse.

FEBRUARY 2020



UPLIFT

Featuring positive, uplifting information exclusively from
The Morris Center for Healing from Child Abuse.

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Courage is the price that life exacts for granting peace.

-Amelia Earhart

"When is the right time for ASCA?" is a legitimate, pertinent question. As an adult survivor of childhood sexual abuse, the right time for me was when I had enough time to recognize some emotions that were troubling. These emotions were not of the "temporary blues, this too shall pass" variety. They fell into the "What is the purpose of my place on Earth?" variety. Although I didn't feel suicidal, I did feel despair. The emotions were certainly signs of a profound midlife identity crisis.

I decided to seek out trauma counseling so that I could revisit my awareness of (and attachment to) my identity as a survivor of childhood sexual abuse. Although necessary, this was a frustrating decision because I had already sought counseling when I was 16, 26, and 36. That pattern would suggest that I needed help every decade or so. In fact, I was 46 when I experienced some radical life changes: My daughter moved out to start the next chapter of her life, my mother died, and I got downsized from the company I had worked at for 17 years. I felt like I needed to make a radical change!

[I found ASCA via a Web search](#), and was *delighted* that a meeting was held in the evenings. At first, I was put off by how structured the meeting was: so many guidelines! I realize now, 3 years later, structure ensures safety and decreases any variability/vulnerability.

Some gifts that ASCA gives me each meeting, include: a safe space to be seen/heard, validation for my experience as a survivor, resources to read, a chance to do service as a co-facilitator, exposure to diversity/inclusion, healing, and *stress relief*. I consider ASCA meetings an integral part of my portfolio of healing practices (gym, reading, journaling, therapy, etc).

Hindsight, they say is 20/20. My ASCA goals for 2020 are not looking backward, but rather, to my future. These goals include improving my listening skills, facilitating an ASCA support group at least once a month, and supporting new members who may be wondering, "*Is this the right place at the right time?*" I hope the answer is **yes!**

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